Know Your Benefits

Questions to Ask Your Doctor

Note: The questions listed below are designed to help you maximize your health care dollars. These questions should not be used as a substitute for your doctor's professional, medical advice.

Patients often accept their doctors' advice without truly understanding what alternative treatments are available, and what—if any—differences there are in cost and effectiveness among those alternatives. Asking questions can help you decide what treatment plan is best for both your health and your wallet.

Questions to Ask: General

1. Why is this treatment necessary?
2. How much will my treatment cost?
3. Can I be treated another way that is equally effective but less costly?
4. What is the current procedural terminology (CPT) code of this treatment so I can price shop this procedure?
5. What can I do to improve my condition?

Questions to Ask: Prescriptions

1. Why are you suggesting this specific dosage?
2. Is my prescription in my insurance's approved list? Or, is this a specialty drug?
3. Can you recommend a lower-cost generic or over-the-counter drug as an alternative?

Notes:

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